Wellness and Well-being



Why is it important to acheine wellness and well-being?



It is very important to acheive wellness in our school life and everyday lives.
First and foremost, wellness encourages habits like exercise, proper nutrition, and adequate sleep, which reduce the risk of illness, improve energy, and strengthen the body. Furthermore, wellness encourages habits like exercise, proper nutrition, and adequate sleep, which reduce the risk of illness, improve energy, and strengthen the body. Last but not least, when we feel well physically and emotionally, we enjoy life more, have better relationships, and are more productive in work, school, and personal goals.

How can we benefit from the accomplishment of balance and harmony in our lives?



Accomplishing balance and harmony in our lives can bring many important benefits, because it helps us manage all areas of life—work, relationships, health, and personal growth—without one overwhelming the others. To begin with, when our lives are balanced, we have more time and emotional capacity to nurture friendships, family bonds, and romantic relationships. In addition, harmony allows us to prioritize tasks without feeling overwhelmed. We can work efficiently while still enjoying downtime. Finally, living in balance helps us maintain healthy habits over time, instead of extreme routines that lead to exhaustion or frustration.

How do we improve our well-being and wellness?



Useful tips to improve our mental health:

1. We should take mental health days. Where we can stay at home and meditate or do self care.
2. We should definitely try new things and try to get out of our comfort zone.
3. We could have a diary, where we plan our activities and write our dreams and thoughts.

Wellness quotes:



- «Health is the greatest gift, contentment the greatest wealth, faithfulness the best relationship.» (Buddha)
- «I have chosen to be happy because it is good for my health.» *(Voltaire)*
- «If you want to live a happy life, tie it to a goal, not to people or things.» *(Albert Einstein)*
- «Surround yourself with only people who are going to lift you higher.» *(Oprah Winfrey)*
- «Action is the foundational key to all success.» *(Pablo Picasso)*